



Dungarvan Hillwalking Club

Walks Schedule

JULY 2011

C2C Crumlin to the Cunnigar
Congratulations to Donal O' Mahony
€6,000 Raised for Crumlin Childrens Hospital

DATE	CAR POOL FEE	GRADE	TIME	LOCATION	LEADER
<i>10-07-2011</i>	<i>€4</i>	<i>B</i>	<i>1000hrs</i>	<i>LIAM LYNCH MONUMENT</i>	<i>Donal O'Mahony 087 2219461</i>
	<i>€4</i>	<i>C</i>	<i>1300 hrs</i>	<i>MAUMA ROAD</i>	<i>Peter Mangan 087 2308857</i>

Chairperson Peter Mangan tele: 058 41248

<i>17-07-2011</i>	<i>€5</i>	<i>B Easy</i>	<i>1000hrs</i>	<i>GALTYS</i>	<i>Michael J Power 087 2032441</i>
	<i>€4</i>	<i>C</i>	<i>1300 hrs</i>	<i>COLLIGAN</i>	<i>Carmel Ryan 087 7526918</i>

Membership Secretary Reenie Palmer tele: 058 54828

<i>24-07-2011</i>	<i>€4</i>	<i>B</i>	<i>1000hrs</i>	<i>KNOCKMEALDOWNS</i>	<i>Tom Meehan 086 2581071</i>
	<i>€4</i>	<i>C</i>	<i>1300 hrs</i>	<i>COUMSHINGAUN</i>	<i>Christina Walsh 087 7540928</i>

Thursday Afternoon Walks: meet outside Park Hotel at 13.30 pm
Contact: John Browne 058 42224 Jenny Richardson 024 91775 Peter Mangan 058 41248

<i>31-07-2011</i>	<i>€4</i>	<i>B</i>	<i>1000hrs</i>	<i>NIRE VALLEY</i>	<i>Richard Dykes 086 2411287</i>
	<i>€4</i>	<i>C</i>	<i>1300 hrs</i>	<i>NIRE TO THE GAP</i>	<i>Kieran Muldoon 086 8527475</i>

"B" Walks contact Club Secretary Tom Walsh tele: 058 42347

C" Walks contact Brian Wickham tele:058 42338 / Norman Graham 051 386250

0730hrs Start Saturday "A" Walks: contact John Neylin tele: 058 42405

Meeting point for walks is the TSB Car Park, 10 minutes before walk time listed unless stated.
Next Club meeting at 8pm 02-08-2011 at the Tudor House, Mary Street, Dungarvan
Next Committee meeting at 8pm 19-07-2011 at the Tudor House, Mary Street, Dungarvan

July 2011 Newsletter

Review of Hillwalks for last Month

The month of June saw some spectacular walks with all grades of Hillwalking in locations such as the Knockmealdowns & Comeragh Mountains. Great attendance was seen on all grade hillwalks by Club Members and visitors including the Thursday afternoon walks. The Committee wishes to thank and applaud all Leaders & Sweepers who guided the walks throughout the month of June. We want to wish all our Club Members a fantastic and safe time on the hills for the coming month.

B Walks are usually 4 to 6 hours. C Walks are about 3 hours. Inclement weather is likely to extend the time of all walks. Hillwalking is an adventure sport and not devoid of an element of risk. To minimize risk, be prepared: waterproof boots, rucksack, waterproofs, a packed lunch, hot drink, warm hat, gloves etc. Mountaineering Ireland (MI) recognizes that participants in Hillwalking should be aware of and accept any risk and be responsible for their own actions and involvement.

Remember: No Boots, No Walk

SEMRA Flag Day a Great Success

On Saturday the 24th June, a flag day was held by SEMRA in Waterford City. An appeal to any Club Members available to do some collecting went out. Well done to everyone who helped out and we were delighted to have SEMRA members with us on this years Comeragh Crossing.

The following is a thank you response from SEMRA (South Eastern Mountain Rescue Association) to Dungarvan Hillwalking Club members.

A big thank you to Dungarvan Hillwalking Club members who generously gave of their time on our collection day in Waterford city. We raised the handsome sum of €3,513.00 plus €250 gifted by an individual. We are most grateful for your support. Our funding has been cut by 40% this year so these flag days are more important than ever to us. I believe we had 7 of your members on the day and we could not have raised this amount without you. When I sent the request for help to you originally, I had intended it for your Waterford city and Tramore members but some of ye even travelled from Dungarvan to help. No doubt there is a strong link between SEMRA and your club. Kind regards Deirdre Phelan PRO SEMRA.

SEMRA intend on holding a flag day in the Dungarvan area in the coming months so if you're interested in helping out in anyway possible please let any member of the Club Committee know and they'll pass your good intentions on to SEMRA.

Photos from this years Hillwalks and Comeragh Crossing 2011.

If you happen to have attended any Club walks throughout the year and managed to capture some fantastic photos of the walk, then please feel free to email them into the Club by using the email address info@dungarvanhillwalking.org. We'd greatly appreciate it, if you could add a description of where and when the photo was taken. If you participated in this years Comeragh Crossing and also managed to capture some of the Walk or Challenge in photos then please also feel free to email those photos in to the address previously mentioned.

The Club has its own Photo Gallery of walks over the years so please click into our website www.dungarvanhillwalking.org then click on the Photo Gallery tab.

Hillwalkers Tip of the Month

Don't turn off common sense. A GPS should be treated like a mobile phone - if you can use it on the hills, then that's a bonus - but always plan your journey on the basis that you cannot rely on it. However, while commonsense should not be turned off when you turn on your GPS, the advantage of such a tool should not be underestimated. Here are some useful safety tips:

- Always take a map, compass, GPS and spare batteries.
- Just as a compass is not much use without a map, neither is a GPS. While it may give you direction of travel - as the crow flies - you still need to know what features lie between you and your destination.
- Replace run down batteries before you set off and so avoid a battery change on the hills.
- Practice using your GPS in good weather.
- Before you set off for a day on the hills, enter an escape route into your GPS.
- If the weather turns bad, reverse your route to get you home safely. Even if you don't use your GPS to navigate a pre-loaded route, you can switch on your GPS from the start and then use track log to create a track back route that will guide you back to base.
- Your GPS will only work correctly with an OS map if its map datum and map format are correctly set.

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